



# PLANNING FITNESS 2020

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30	LES MILLS BODYBALANCE®	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS	LES MILLS RPM	<b>CROSS TRAINING</b>	LES MILLS CXWORX™	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS	
10h00					LES MILLS RPM		
10h30	LES MILLS CXWORX™	<b>STRETCHING</b>	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS	LES MILLS BODYBALANCE®		LES MILLS RPM	
11H00							
12h30	LES MILLS RPM	LES MILLS BODYATTACK™	<b>CROSS TRAINING</b>	LES MILLS CXWORX™ LES MILLS RPM	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS		
17h45	LES MILLS RPM	LES MILLS BODYBALANCE®	LES MILLS RPM	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS	LES MILLS CXWORX™		
18h30	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS		<b>ZUMBA</b> fitness	LES MILLS BODYATTACK™	LES MILLS RPM		
19h00		LES MILLS CXWORX™					
19h30	LES MILLS BODYATTACK™	LES MILLS RPM	<b>BODYPUMP</b> LES MILLS BODY TRAINING SYSTEMS	LES MILLS <b>sprint</b>	LES MILLS BODYBALANCE®		

**OUVERTURE DE VOTRE CLUB**

LUNDI AU VENDREDI  
9H00-21H00

SAMEDI  
9H00-17H00

DIMANCHE  
9H30-12H30

 **RESERVE ABO STUDIO**



PLANNING STUDIO  
2020



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10H00

10H30

11H30

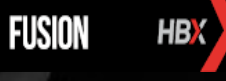
12H30

13H00

18H00

18H30

19H15



SEANCES D'ENTRAÎNEMENT EN TEAM TRAINING DE 10 PERSONNES – SUR RESERVATION UNIQUEMENT

# PLANNING ACTIVITES HYDRO FITNESS

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15-10h00	ACCES BASSIN 9h30 - 12h15
9h45 - 10h30 HYDRO TONIC	9h45 - 10h30 HYDRO PUMP	9h45 - 10h30 HYDRO BIKE	9h45 - 10h30 HYDRO TONIC	9h45 - 10h30 HYDRO BALANCE	10h00 - 10h45 HYDRO TRAINING	
10h30 - 11h15 HYDRO BIKE	10h30 - 11h15 HYDRO BIKE	10h30 - 11h15 HYDRO TRAINING	10h30 - 11h15 HYDRO BIKE	10h30 - 11h15 HYDRO BIKE	10h45 - 11h30 HYDRO BIKE	
ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 12h00-13h00	ACCES BASSIN 14h45-16h45
12h45 - 13h30 HYDRO TRAINING	12h45 - 13h30 HYDRO BIKE	12h45 - 13h30 HYDRO TONIC	12h45 - 13h30 HYDRO PUMP	12h45 - 13h30 HYDRO BIKE	14h00 - 14h45 APPRENTISSAGE COLLECTIF ENFANTS	
ACCES BASSIN 13h30 - 17h45	ACCES BASSIN 13h30 - 15h30	ACCES BASSIN 13h30 - 17h00	ACCES BASSIN 13h30 - 17h45	ACCES BASSIN 13h30 - 17h45	ACCES BASSIN 14h45-16h45	
	15h30 - 16h15 HYDRO GYM					
ACCES BASSIN 16h15 - 17h45	ACCES BASSIN 16h15 - 17h45	17h00 - 17h45 APPRENTISSAGE COLLECTIF ENFANTS	ACCES BASSIN 17h45-18h30	ACCES BASSIN 17h45-18h30	ACCES BASSIN 17h45-18h30	
		17h45-18h30 HYDRO TRAINING				17h45-18h30 HYDRO BIKE
18h30 - 19h15 HYDRO PUMP	18h30 - 19h15 HYDRO TONIC	18h30 - 19h15 HYDRO BIKE	18h30 - 19h15 HYDRO BOXE	18h30 - 19h15 HYDRO BIKE	L'UNIVERS DE LA FORME®	
19h15 - 20h00 HYDRO BIKE	ACCES BASSIN 19h15 - 20h15	ACCES BASSIN 19h15 - 20h15	19h15 - 20h00 HYDRO BIKE	ACCES BASSIN 19h15 - 20h15		